
Massachusetts Department of Mental Health

Young Adult Resource Guide

2016

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This Resource Guide can be found online at: www.speakingofhope.org and on www.mass.gov/dmh under the DMH Transitional Age Youth Initiative page.

Please submit changes to Annabelle Lim: annabelle.lim@massmail.state.ma.us

Education

- High Schools
<http://profiles.doe.mass.edu/>
 - To find a school near you, click the above link by selecting the organization type (public school, alternative education, special education, etc.) and then hit search. You can also narrow your search by selecting an organization type and also selecting your city/town, or one close to you.
- Chapter 766
 - Chapter 766 is the Massachusetts law which guarantees the rights of all young people with special needs (age 3-22) to an educational program best suited to their needs. Team evaluations and Annual Reviews are conducted to develop an ongoing individual education plan (IEP) that ensures an appropriate education. To find out more about IEP's, visit The Federation for Children with Special Needs at: www.fcsn.org/pti/topics/iep/index.html and www.fcsn.org/pti/topics/transition/index.html
- Chapter 688
 - www.doe.mass.edu/sped/688
 - For young persons with severe disabilities still in need of services, Chapter 688 serves as a bridge from educational services into the adult human services program. The law provides for a two year transitional process for those young adults who will lose their entitlement to special education upon graduation or reaching the age of 22. It creates a single point of entry into the adult human services system by developing an Individual Transition Plan (ITP) for every person with a severe disability who is found eligible. For more information about Chapter 688, visit the above website or contact whoever is in charge of your IEP at school.
- Massachusetts Comprehensive Assessment System (MCAS) Testing
www.doe.mass.edu/mcas/overview.html
 - To find out more about MCAS, please visit the above link.
 - MCAS Alternate Assessment is also available to students with disabilities who cannot take MCAS even when special accommodations are given. To find out more, visit the above link, and then click on "MCAS Alternate Assessment" along the left-hand side of the page.
 - To prepare for the MCAS, contact your school to see if they offer any practice or preparation classes, or visit the following link to learn how to better prepare for the test: www.doe.mass.edu/as/pathways
 -
- HiSET Testing
 - The High School Equivalency Testing Program (formerly the GED®) in Massachusetts is overseen by the Massachusetts Department of Elementary and Secondary Education's High School Equivalency (HSE) Office. Official test centers operate state-wide to serve the needs of the adult population in need of a high school credential. Test centers are located throughout the state. They are responsible for administering the tests in their area.
 - To find centers go to <http://www.doe.mass.edu/hse/list.html>

- SAT Testing
www.sat.collegeboard.com
 - To sign up for a College Board account go to “My Organizer” along the left hand side of the homepage, and then click “Sign Up.” Once you have an account, you will be able to register for upcoming tests, as well as view and send scores to colleges.
 - To register for an upcoming test, visit the “Register” section along the top of the homepage. Here, you will find test dates, how to register, etc. Visit the “Students with Disabilities” section to find out information about receiving testing accommodations.
 - To find out more about the SAT, please visit the above link. To practice and prepare for the SAT, visit the “Practice” section.
- Public Universities and Colleges
<http://www.mass.edu/system/campusdirectory.asp>
 - To find a list of public colleges in Massachusetts, click on the link above. You will find a list of community, state, and online colleges, as well as the University of Massachusetts. For more information on a certain school, click on the name, and the link will connect you directly to the school’s website.

Disability Services for Each Public College in MA Community College

College Name	Disability Services Office	Disability Services Website
Berkshire CC	413-236-1605	http://www.berkshirecc.edu/DisabilityResourceCenter
Bristol CC	508-678-2811 x2955	http://www.bristolcc.edu/Students/ods/index.cfm
Bunker Hill CC	617-228-2234 or 617-228-3415	http://www.bhcc.mass.edu/studentlife/studentservices/disabilitiesupportservices/
Cape Cod CC	508-362-2131 x4337	http://www.capecod.edu/web/disability/home
Greenfield CC	413-755-1812	http://www.gcc.mass.edu/offices/ds/
Holyoke CC	413-552-2417	http://www.hcc.edu/student-services/disability-and-deaf-services
Massachusetts Bay CC	781-239-2234(Wellesley) 508-270-4267(Framingham)	http://www.massbay.edu/Current-Students/Disability-Resources.aspx
Massasoit CC	508-588-9100 x1805(Brockton) x2132(Canton) x1805(Middleboro)	http://www.massasoit.mass.edu/stud_serv/disab_serv/index.cfm
Middlesex CC	978-656-3258(Lowell) 781-280-3630 (Bedford)	https://www.middlesex.mass.edu/disabilityservices/
Mount Wachusett CC	978-630-9120	http://mwcc.edu/support/disability/
North Shore CC	978-762-4000 x4373	http://www.northshore.edu/disability/
Northern Essex CC	978-556-3654	http://www.necc.mass.edu/learningaccommodations/index.php
Quinsigamond CC	508-854-4471	http://www.qcc.edu/services/disability-services
Roxbury CC	617-708-3562	http://www.rcc.mass.edu/studentservices/disabilities.asp
Springfield Technical CC	413-755-4474	http://www.stcc.edu/ods/

State Colleges

University Name	Disability Services Office	Disability Services Website
Bridgewater State University	508-531-2194	http://www.bridgew.edu/AAC/Disability_Resources.cfm
Fitchburg State University	978-665-4029	http://www.fitchburgstate.edu/campus-life/student-services/disability-services/
Framingham State University	508-626-4906	http://www.framingham.edu/center-for-academic-support-and-advising/disability-services/index.html
MA College of Art & Design	617-879-7000	http://inside.massart.edu/Academic_Resources/Teaching_and_Learning/Academic_Resource_Center/Equal_Access.html
MA College of Liberal Arts	413-662-5318	http://www.mcla.edu/Academics/academicresources/learning/studentswithdisabilities/
MA Maritime Academy	508-830-5000 x2208	http://www.maritime.edu/index.cfm?pg=720
Salem State University	978-542-6217	http://www.salemstate.edu/3719.php
Westfield State University	413-572-5789	http://www.westfield.ma.edu/prospective-students/academics/academic-resources/disability-services/
Worcester State University	508-929-8733	http://www.worcester.edu/DSO/default.aspx

University of Massachusetts

University Name	Disability Services Office	Disability Services Website
UMass Amherst	413-545-0892	http://www.umass.edu/disability/
UMass Boston	617-287-7430	http://www.rosscenter.umb.edu/student/
UMass Dartmouth	508-999-8711	http://www.umassd.edu/eeo/ada/faculty_gswd.cfm
UMass Lowell	978-934-4574	http://www.uml.edu/student-services/disability/default.html

- **Bridgewater State University: Academic Support for College and Life (ASCL)**
 - Academic Support for College and Life at Bridgewater State University
Burnell Hall, Room 115A
66 Hooper Street
Bridgewater, MA 02135
www.thehome.org/ascl
 - ASCL is a research-based, outcomes-oriented program. They offer youth (over the age of 18 years) clinical, social, academic, vocational, and daily living supports. ASCL students reside on the Bridgewater State University campus throughout the year-long program.
 - For more information contact:
Carl Morton
ASCL Program Director
cmorton@thehome.org
Office phone: 508-531-1483

Employment Resources

- Career Centers
 - Career Centers provide services for job seekers. These services include everything from assistance with searching for a job and career counseling, to holding workshops and job fairs. They are equipped with resources such as computers, reference materials, and unemployment insurance services.
 - To find a list of Career Centers in Massachusetts, refer to the link <http://www.mass.gov/lwd/employment-services/career-services/career-center-services/find-a-career-center-near-you-1.html>
- Successful Employment Program (SEP) at South Shore Mental Health
 - 8 Hancock Court
Quincy, MA 02171
www.ssmh.org/providers_yat_ls.htm
 - SEP is a vocational program designed to support young adults in the process of searching for, obtaining and maintaining employment. They focus on building career paths by developing the young adult's abilities in their first experiences working. Services include 1:1 job coaching, peer support, social/recreational groups and vocational workshops.
 - Members: Ages 16-25 who reside in the South Shore area (Quincy, Milton, Hingham, Hull, Cohasset, Weymouth, Randolph, Scituate and Braintree) and are currently receiving or who have received mental health services over the past year. To become a member, a referral form must be submitted by a professional therapist, case manager, psychiatrist, school counselor, or other community program. Referrals can also come from a parent/caregiver or from the young adult.
- Peer Education Recovery Center (PERC) – Metro Boston RLC
 - 3313 Washington Street, Suite 2
Jamaica Plain, MA 02130
617-788-1034
www.metrobostonrlc.org
 - PERC is an employment focused, recovery learning community completely run by peers. They provide pre- and post-employment services, wellness services and recovery groups.
 - Members: Individuals of any age with a mental illness. A referral is not required.
 - For more information about PERC and to see their schedule of events, visit the above link, click on the “Partners” tab at the top of the page, and then select “PERC.”
- Reach Hire
 - ReachHire offers a wealth of tools, advice, and resources designed to help people reach their dreams by helping people build a career, get an education, and support themselves financially. With a positive attitude and the right support, they can make it a fun and fulfilling experience. Visit www.reachhirema.org

- MRC Turning 22 Program
 - (617) 204-3851 or (800) 223 2559
 - <http://www.mass.gov/eohhs/consumer/disability-services/living-supports/turning-22-independent-living-program.html>
 - The Massachusetts Rehabilitation Commission's Community Living Services established the Turning 22 (T22) Independent Living Program in 1986 to design and implement transition services for young people who have a severe physical disability with a mobility impairment, and would like to live independently after high school graduation or turning 22.
 - The program is based on the independent living philosophy that consumers are empowered to make their own decisions about their lives based on informed choice. The T22 program works closely with staff of special education departments to coordinate services for students who will be graduating and needing MRC's independent and supported living services.

- Transition to Adulthood Program
 - 1-800-804-1899
 - <http://www.stavros.org/tap-program.html>
 - info@stavros.org
 - The Transition to Adulthood (TAP) program is for young people with disabilities (14 to 22 years old) who are still in high school. The TAP program is here to help you figure out the future--your future--in a way that feels the most comfortable to you. We will go at your own pace and support you in your preparation for adulthood. Our aim is to empower you to make your own decisions about how you want to create your life. You can build it, and we can help! This program is funded by the Massachusetts Rehabilitation Commission.

- Easter Seals of MA Youth Transition Services
 - 800-244-2756
 - <http://www.easterseals.com/ma/our-programs/youth-services/youth-transition-services.html?referrer=https://www.google.com/>
 - (Offices in Worcester, Boston, and New Bedford)
 - Easter Seals Transition services focus on assisting youth with disabilities achieve personal growth and develop skills that will help them navigate educational, community and career settings. Transition planning is a process that brings together a student and those individuals directly involved in helping the student prepare to enter a post-school environment. It is designed to ensure that the student will be provided the necessary skills and services to make a smooth transition from school to adult life with as little interruption as possible. Easter Seals offers assistance every step of the way.

- Partners for Youth with Disabilities
 - 95 Berkeley Street
Suite 109
Boston, MA 02116
 - 617-556-4075
 - <http://www.pyd.org/>
 - Partners for Youth with Disabilities (PYD) empowers youth with disabilities to reach their full potential by providing transformative mentoring programs, youth development opportunities, and inclusion expertise. We motivate youth to reach their personal, educational, and career goals, and guide organizations in becoming more inclusive.

- Transitions RTC
 - Transitions Research and Training Center
Systems & Psychosocial Advances Research Center
Department of Psychiatry
University of Massachusetts Medical School
222 Maple Avenue, Chang Building
Shrewsbury, MA 01545
 - 508-856-3075
 - <http://www.umassmed.edu/transitionsrtc>
 - The Transitions RTC is a national effort that aims to improve the supports for youth and young adults, ages 14-30, with serious mental health conditions who are trying to successfully complete their schooling and training and move into rewarding work lives.
 - Their mission is to promote the full participation in socially valued roles of transition-age youth and young adults (ages 14-30) with serious mental health conditions. We use the tools of research and knowledge translation in partnership with this at risk population to achieve this mission.

Housing Resources and Agencies

- Department of Housing and Community Development (DHCD)
 - www.mass.gov/hed/eeconomic/eohed/dhcd
 - 100 Cambridge Street, Suite 300
Boston, MA 02114
617-573-1100
 - DHCD is the state government's affordable housing agency. Its mission is to strengthen cities, towns and neighborhoods to enhance the quality of life of Massachusetts residents. DHCD provides leadership, professional assistance and financial resources to promote safe, decent affordable housing opportunities, economic vitality of communities and sound municipal management.
 - How to Obtain Housing Assistance:
 - For information on how to obtain housing assistance, visit the above link. Once on the website, look under "Key Resources" on the left hand side of the page, and then click on the link titled "How to Obtain Housing Assistance." On this page, you will find housing resources including information about state-aided public housing, section 8, the rental voucher program, and homelessness prevention.
 - A list of local housing authorities and regional nonprofit agencies can be found here also.
- US Department of Housing and Urban Development (HUD)
 - www.hud.gov
 - Contact the Boston Regional Office:
Thomas P. O'Neill, Jr. Federal Building
10 Causeway Street, 3rd Floor
Boston, MA 02222
617-994-8200
 - HUD provides grants and other funding to local communities. Its mission is to create strong, sustainable, inclusive communities and quality affordable homes for all. HUD is working to strengthen the housing market to bolster the economy and protect consumers, meet the need for quality affordable rental homes, utilize housing as a platform for improving quality of life, and build inclusive and sustainable communities free from discrimination.
- Mass Access
 - www.massaccesshousingregistry.org
 - Mass Access is a free online program that matches people with disabilities with vacant, accessible housing. Mass Access catalogs affordable housing information: location of housing by city or town, rent level, number of bedrooms, particular adaptable or accessible features, and vacancy status. Any person who has a disability, family member, or advocate can obtain housing information, regardless of age, income or type of disability.

- MassHousing
 - www.masshousing.com
 - Boston Office:
One Beacon Street
Boston, MA 02108
617-854-1000
 - Western Mass Office:
59 Interstate Drive
West Springfield, MA 01089
413-733-0999
 - MassHousing, the state's affordable housing finance agency, supports the creation, preservation and long-term viability of affordable homeownership and rental housing. They set aside 3% of affordable units for DMH/DDS clients.
- Massachusetts Housing Consumer Education Centers
 - www.masshousinginfo.org
 - Housing Consumer Education Centers offer answers to a wide range of questions about all types of housing problems. Tenants, landlords, prospective buyers, and homeowners can access information designed to maximize housing stability, strengthen investments, and minimize disputes. Each of the nine member agencies of the statewide Regional House Network of Massachusetts acts as the Housing Consumer Education Center for its region. These agencies provide rental assistance and support to low- and moderate-income residents of Massachusetts.
 - To find a Housing Consumer Education Center near you, call 1-800-224-5124 or visit the above link and click on "Regional Agencies" at the top of the page.
- Independent Living Centers (ILC)
 - ILCs provide the services to assist individuals with disabilities to achieve their self-identified goals. These services include peer counseling, advocacy, skills training (to gain skills needed to live independently, such as finding housing and budgeting), and information and referral (provide information and referrals such as where to go for accessible housing, medical providers, and other resources).

ILC Locations

Name	Address	Phone Number/Website
Multicultural Independent Living Center of Boston	329 Centre Street Jamaica Plain, MA 02130	617-942-8060 www.milcb.org
Boston Center for Independent Living	60 Temple Place, 5 th floor, Boston, MA 02111	617-338-6665 www.BostonCIL.org
Center for Living and Working	484 Main Street , Suite 345 Worcester, MA 01608	508-798-0350 www.centerlw.org
Cape Organization for	106 Bassett Lane,	508-775-8300

the Rights of the Disabled	Hyannis, MA 02601	www.cilcapecod.org
Independence Associates	100 Laurel St. Suite 122 East Bridgewater, MA 02333	508-583-2166 www.iacil.org
The Independent Living Center of the North Shore and Cape Ann, Inc.	27 Congress Street, Suite 107 Salem, MA 01970	978-741-0077 www.ilcnsca.org
Metro West Center for Independent Living	280 Irving Street Framingham, MA 01702	508-875-7853 www.mwcil.org
Northeast Independent Living Program	20 Ballard Road Lawrence, MA 01843	978-687-4288 www.nilp.org
Southeast Center for Independent Living	Merrill Building 66 Troy Street, Suite 3 Fall River, MA 02720	508-679-9210 www.secil.org
Stavros Center for Independent Living, Inc.	210 Old Farm Road Amherst, MA 01002	413-256-0473 www.stavros.org
AdLib, Inc.	215 North St. Pittsfield, MA 01201	413-442-7047 http://www.adlibcil.org/

- Metropolitan Boston Housing Partnership
 - www.mbhp.org
 - Their mission is to ensure that the region's low- and moderate-income individuals and families have choice and mobility in finding and retaining decent affordable housing. MBHP is the state's largest regional provider of rental voucher assistance, serving homeless, elderly, disabled, and low- and moderate-income residents of Boston and 29 surrounding communities.
- Massachusetts Housing and Shelter Alliance
 - www.mhsa.net
 - The Massachusetts Housing and Shelter Alliance (MHSA) is a non-profit public policy advocacy organization with the singular mission of ending homelessness in the Commonwealth. Founded in 1988 by a dedicated group of “first responders” working with unsheltered adults in Greater Boston, MHSA initiates solutions to move people out of crisis to permanence throughout Massachusetts.
 - They also have a Young Adult Resource Guide. Some of the topics included are Emergency Shelters, Drop-In Centers, Transitional and Permanent Housing, Services for People with Disabilities, Mental Health Services, Housing Search Services, among many others. To view the MHSA Young Adult Resource Guide, visit www.mhsa.net and click on the “Resources” tab, or www.speakingofhope.org and click on the “Resource Guides” tab.

- Massachusetts Coalition for the Homeless
 - www.mahomeless.org
 - The Massachusetts Coalition for the Homeless is committed to ensuring that everyone has a place to call home. The Coalition's policy work and programs address this issue on three fronts. First, the Coalition provides bridges over short-term crisis, helping homeless and at-risk people to relocate quickly into new housing or avoid homelessness altogether. Second, the Coalition works to ensure adequate and appropriate shelter if homelessness is unavoidable. Third, the Coalition advocates for long-term solutions to the housing crisis, promoting government support for income and housing resources so that all Massachusetts residents can obtain and maintain safe, affordable housing.
- Bridge Over Troubled Waters
 - 47 West St.
Boston, MA 02111
617-423-9575
 - Bridge Over Troubled Waters (Bridge) is Boston's premier organization dedicated to transforming the lives of runaway, homeless, and high-risk youth through safe, supportive, and encouraging relationships and effective and innovative services that guide them toward self-sufficiency.

Transition Age Youth Services in Massachusetts

- Young Adult Vocational Program (YAVP)
 - 60 Lowell Street, 2nd floor
Arlington, MA 02476
781-643-5093
www.yavp.org
 - A transitional program that provides daily structure for young adults with psychiatric disabilities. They help build pre-vocational, vocational, and educational skills, as well as daily life skills as they relate to work or school.
 - YAVP has a peer mentoring project designed to help young adults.
 - Members: Ages 16-25 that have been referred to YAVP by the Department of Mental Health
- STEPS: Young Adult Resource Center
 - 12 Prescott Street
Arlington, MA 02474
781-646-2826
 - A peer supported, safe, non-judgmental place to have fun and receive support in a welcoming environment. They create a community focused on meeting young adult's needs, goals, and dreams. They do this by promoting self-advocacy, and by empowering members to draw upon their strengths, so that they can recognize they already possess the capabilities to accomplish their goals, and have the power to change. STEPS also assists others in navigating their way through life, while offering opportunities for vocational, educational and social development.
 - Members: Young adults ages 18-25
- Transition Resources and Community Supports (T.R.A.C.S.)
 - 460 Quincy Ave.
Quincy, MA 02169
617-689-2537
www.ssmh.org/providers_yat_ls.htm
 - TRACS offers multiple opportunities for young adults and their families to receive support and establish meaning, connection and purpose in their lives. This is done in a strengths-based, young adult-centered, culturally sensitive manner within the young adults' community. TRACS focuses on aspects of young adults' lives that are easily overlooked such as relationships, wellness, spirituality, family, employment, recreation and more. A key component of TRACS is the inclusion of young adult peer mentors on staff. The peer mentors offer their firsthand experiences of living with and overcoming mental health issues to support and assist the young adults they are teamed up with on their road to recovery.

- Members: Young adults ages 16-25 who experience mental health or co-occurring mental health and substance use issues and who live in one of the following areas:
 - South Shore Mental Health's TRACS program is available to young adults in Braintree, Canton, Cohasset, Dedham, Foxboro, Hingham, Hull, Medfield, Millis, Milton, Needham, Newton, Norfolk, Norwell, Norwood, Plainville, Quincy, Randolph, Scituate, Sharon, Walpole, Wellesley, Weston, Westwood, Weymouth, and Wrentham.
 - *Note: Young adults do not need to be eligible for services from the Department of Mental Health to be eligible for TRACS.*
- TEMPO: Young Adult Resource Center
 - 68 Henry Street
Framingham, MA 01701
508-879-1424
www.tempoyoungadults.org
 - Tempo is a drop in resource center for young adults. Tempo addresses the urgent need for services for youth at the critical point of transition into adulthood. Tempo's diverse staff use a youth-centered planning process to help young adults develop goals, provide the tools they need, and walk with them through the steps to their goals.
Members: All young adults ages 17-24
- The Transformation Center
 - 98 Magazine Street, #2
Roxbury, MA 02119
617-442-4111
www.transformation-center.org
 - The Transformation Center is a peer-operated center associated with M-POWER to strengthen a mental health focus on wellness and life recovery through dialogue, education, systems change advocacy and peer support. They provide trainings for Peer Specialist Certification, Peer Facilitators and more. They work closely with the six Recovery Learning Communities (RLCs) across the state.
 - Members: Individuals of any age with a mental illness
- "The Spot" Young Adult Center
 - 76 Amory Street
Roxbury, MA 02119
617-516-5100
www.spotonline.org
 - The Spot provides the structure for young adults experiencing mental illness to choose their own path to recovery. It is a place for young adults to receive services and support with Accessing benefits, Motivation, Friendships, Self-esteem, Independent Living, Education, Leadership, Employment, Coaching, Community Connections, Psychiatric services, and Individual Counseling
 - Members: Individuals ages 16-25

- CEDAR Clinic: Center for Early Detection, Assessment and Response to Risk
 - Massachusetts Mental Health Center
75 Fenway Road
Boston, MA 02115
617-754-1210
cedarclinic.org
 - The CEDAR clinic helps young people and their families understand recent changes in thoughts, feelings or behavior, consider treatment options, stay on track or get back on track with work, school, or self-care, and learn strategies for reducing stress and increasing protective factors.
 - Members: Young people ages 14-30 who are experiencing new or worsening symptoms that may be warning signs for psychosis.

- The PREP Program: Prevention and Recovery in Early Psychosis
 - www.spotonline.org/prep
 - Located at “The Spot”, PREP’s mission is the earlier detection, earlier diagnosis, and earlier treatment of psychotic illnesses, with the aim of better life-long outcome for patients and their families. They provide highly specialized diagnostic service and comprehensive support.
 - Members: Young people ages 16-30 who are experiencing changes or have been struggling with changes in their thoughts, feelings or behaviors which are making it difficult to do the things of everyday life, like school, work or relationships that may be signs of psychosis.

- Brookline Resilient Youth Team
 - 41 Garrison Road
Brookline, MA 02445
 - www.brooklinecenter.org/bryt
 - BRYT is a unique response to help teens and their families. Two school-based Clinical Coordinators (social workers) and a Classroom Aide work closely with students in inpatient care and their families during a crisis and then through the four-to-eight week re-entry process.
 - For more information contact:
Annie Eagle
617-277-8107

- Parent/Professional Advocacy League (PPAL)
 - Statewide Office
15 Court Sq. Suite 660
Boston, MA 02108
866-815-8122
 - Central MA Office
40 Southbridge St., Suite 310
Worcester, MA 01608
508-767-9725
 - www.ppal.net
 - Parent/Professional Advocacy League is an organization that promotes a strong voice for families of children and adolescents with mental health needs.

PAL advocates for supports, treatment and policies that enable families to live in their communities in an environment of stability and respect.

- PPAL also offers youth groups for young adults called H.O.P.E., TAG, and is also the Massachusetts chapter for Youth Move National. For more information about these youth groups visit www.ppal.net/for-youth/hope or contact: Meri Viano at mviano@ppal.net or Lydia Proulx at lproulx@ppal.net.
 - Members: Any parent or professional that has a child with mental illness
- Recovery Learning Communities (RLCs)
 - RLCs are consumer-run networks of self help/peer support, information and referral, advocacy and training activities. They offer peer support and dual recovery groups. RLCs create significant culture change that shifts the focus on symptom management to a focus on promoting recovery, resilience and wellness.
 - Members: Individuals of any age with a mental illness
 - For more information follow the link and then search for Recovery Learning Communities.
www.mass.gov/eohhs

RLC Locations

RLC	Number	Address	Email/Website
The Kiva Center-Central MA	508-751-9600	209 Shrewsbury St. Worcester, MA 01604	info@centralmassrlc.org
Metro Boston	617-305-9976	85 E. Newton Street, Ground Floor. G11 Boston, MA 02118	info@bostonresourcecenter.org www.metrobostonrlc.org
Metro suburban	617-472-3237	460 Quincy Ave. Quincy, MA 02169	info@metrosubrlc.org www.metrosubrlc.org
North east region Northeast Independent Living Program	978-687-4288	20 Ballard Road Lawrence, MA 01843	www.nilp.org
Southeast	508-977-3127	60 Hodges Avenue, Gifford Building Office # 127 Taunton, MA 02780	info@southeastrlc.org www.southeastrlc.org
Western MA	413-539-5941	187 High Street, Suite 303 Holyoke, MA 01040	info@westernmassrlc.org www.westernmassrlc.org

- Rediscovery Inc.
 - 296 Newton Street, Suite 150
Waltham, MA 02453
781-894-1222
www.rediscoveryhouse.org
 - Rediscovery, Inc. uses residential, educational, vocational, and clinical services to prepare youth, ages 16-24, leaving state custody, homeless or at risk of being homeless, to thrive independently as adults, while

simultaneously creating a support network that ensures client needs are addressed adequately. They work to increase employment and graduation rates, prevent homelessness, and decrease incarceration rates.

- Members: Ages 16-24 who are Malden High School Students, Metrowest residents, or are referred by a state agency, such as DMH and DCF (and occasionally DYS or DDS).
- Employment Options, Inc.
 - 82 Brigham Street
Marlborough, MA 01752
508-485-5051
www.employmentoptions.org
 - Employment Options creates a home-away-from-home, where people can overcome barriers to employment and discover personal growth, self-sufficiency, and hope. Two major programs offered are Workforce Development, and Family Initiatives. Workforce Development provides education, training and supports to low-wage workers and unemployed families seeking employment or advancement in the health care field. Family Initiatives offers services such as the Young Parents Support Service, and Family Options, which offers family coaching, peer support, and wraparound family teams for parents with mental health conditions whose children also experience emotional and/or behavioral disorders.
- United Teen Equality Center
 - 35 Warren Street
Lowell, MA 01852
978- 441-9949
 - <https://www.utec-lowell.org/>
 - UTEC, founded in 1999 and based in Lowell, was the result of an organizing movement driven by young people to develop their own teen center in response to gang violence. Today, nationally recognized as a model youth development agency, UTEC's mission and promise is to ignite and nurture the ambition of our most disconnected youth to trade violence and poverty for social and economic success. We serve proven-risk youth from both Lowell and Lawrence, MA.

LGBTQ

- Greater Boston PFLAG (Parents, Family and Friends of Lesbians and Gays)
 - 85 River St., Suite 3A
P.O. Box 541619
Waltham, MA 02454
781-891-5966
www.gbpflag.org
 - Greater Boston PFLAG offers help for LGBT youth, their families, and communities around the topic of sexual identity. They are a group of parents, families, friends, and lesbian, gay, bisexual and transgender people. Greater Boston PFLAG helps change attitudes and creates an environment of understanding so that our gay family members and friends can live in a world that is safe and inclusive. They accomplish this through support, education, and advocacy.
 - Trained parent and family volunteers are available to answer questions, listen, and provide resources through their help line: 866-427-3524.
 - Greater Boston PFLAG also offers many support groups in different locations throughout Massachusetts. To view the list of support groups by location, please visit their website at the above link and click on the “Support” tab.
- Boston GLASS Community Center
 - 75 Amory St.
Boston, MA 02119
857-399-1920
www.jri.org/services/health-hiv-lgbtq-services/health-and-prevention-services/boston-glass/services
 - A drop-in center for gay, lesbian, bisexual, transgender, and questioning young people between the ages of 13 and 25. You can get something to eat, use the computers to build a resume or talk to a staff person for help or support. Their staff is there to provide informal counseling, advocacy, and referrals on everything from housing issues to health care.
 - They also offer group meetings such as: Gender Identity Group, Coming Out Group, Women’s Group, and Men’s Group. To see the day and time these groups meet, visit their website at the above link and click on the “Schedule” tab.
- Massachusetts Transgender Political Coalition
 - 617-778-0519
 - The Massachusetts Transgender Political Coalition (MTPC) is dedicated to ending oppression and discrimination on the basis of gender identity and gender expression.
 - Rooted in social justice, we educate the public, advocate with state, local, and federal government, engage in activism, and encourage empowerment of community members through collective action.

- Visit <http://www.masstpc.org/community-events/calendar/> for events and meetings near you
- Trans Health Program Patient Advocate
 - <http://fenwayhealth.org/care/medical/transgender-health/>
 - 857.313.6589
 - Fenway's Trans Health Patient Advocate can help you find health information and resources, and assist you in figuring out your next steps for getting the care you need.
 - This service is free and available on a walk-in basis for 20-minute sessions on Wednesdays from 4:00 pm to 7:00 pm. This service is located on the 2nd Floor of the Ansin Building at 1340 Boylston Street.
- Queer Asian Pacific Islander Alliance
 - <http://qapa.org/>
 - qapa@qapa.org.
 - QAPA is committed to providing a supportive social, political, and educational environment for lesbian, gay, bisexual, trans*, and questioning people of Asian and Pacific Islander heritage in the Boston and New England area.
- The Trevor Project
 - www.thetrevorproject.org
 - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.
 - 24/7 Trevor Lifeline: 1-866-488-7386
 - For a list of local resources in your community go to <http://www.thetrevorproject.org/pages/local-resources>
- Sidney Borum Jr. Health Center
 - 75 Kneeland Street
Boston, MA 02111
617-457-8140
www.sidneyborum.org
 - Sidney Borum Jr. Health Center provides safe, non-judgmental care for young people ages 12–29 who may not feel comfortable going anywhere else. They provide medical care, mental health counseling, substance abuse treatment, STD testing and treatment, women's health care, transgender care, and provide sensitive, respectful and appropriate care to lesbian, gay, bisexual, transgender, queer and questioning (LGBT) youth and young adults.
- Waltham House
 - 781-647-9976
www.thehome.org
 - Waltham House is located in Waltham, Massachusetts. It is a group home program designed to provide a safe and supportive living environment for up to 12 gay, lesbian, bisexual and transgender (GLBT) youth ages 14-18. The

program also serves youth who may be questioning (Q) their sexual orientation and/or gender identity. Waltham House offers residents a safe environment to live while they prepare for family reunification, independent living and future self-sufficiency.

- For more information, visit the above link and click on the “What we do” tab, and then select “Residential Care”.

- Safe Homes

- 4 Mann Street
Worcester, MA 01602
508-755-0333
safehomesma.org
- Safe Homes is a program of The Bridge of Central Massachusetts. It is a program for gay, lesbian, bisexual, transgender, and questioning young people between the ages of 14 and 23, and is led by youth and professional staff, as well as volunteer adult advisors. They offer support and resources in a safe and nurturing environment.
- For more information, visit the above link and click on the “Information” tab, select “GLBTQ Youth Resources”, and then select the “Safe Homes of Central Mass” link.

- The Gay, Lesbian, Bisexual, and Transgender Youth Support Project

- 942 West Chestnut Street
Brockton, MA 02301
1-800-530-2770
www.hcsm.org/glys/home
- Their mission is to ensure safe and supportive communities for gay, lesbian, bisexual, transgender and questioning (GLBTQ) youth. The GLBT Youth Support Project provides training and on-going support for educators and health and human service providers to assist them in implementing welcoming and appropriate programs, policies, and services for these young people and their families.

- The Cape and Islands Gay and Straight Youth Alliance

- 56 Barnstable Rd.
Hyannis, MA 02601
508-778-7744
www.cigsya.org
- CIGSYA (The Cape & Islands Gay & Straight Youth Alliance) is a community-based alliance of young people from 14 to 22 that exists to improve the lives of LGBTIQQS (lesbian, gay, bisexual, transgender, intersex, queer, questioning and straight) youth on Cape Cod and the Islands by addressing key risk factors such as the self hate, isolation and fear, which are often prevalent in their lives. CIGSYA works toward eliminating all forms of discrimination based on differences through education and training, and by providing a space where young people come together in an environment of respect, free from judgment and harassment.

- Boston Alliance of Gay, Lesbian, Bisexual, & Transgender Youth
 - 617-227-4313
www.bagly.org
 - BAGLY is a youth-led, adult-supported social support organization committed to social justice, and creating, sustaining and advocating for programs, policies, and services for GLBT youth 22 and under.
 - Check the website for meeting times and locations, or call the number listed above.
- Find an AGLY near you!
 - <http://www.bagly.org/programs/youth-group/find-an-agly>
- Merrimack Valley Alliance of Gay, Lesbian, Bisexual, and Transgender Youth
 - www.mcvagly.org
 - McVAGLY aims to provide LGBT youth from the Merrimack Valley a safe environment to gather weekly to discuss issues that may not be adequately addressed elsewhere. These issues may include coming out, safe sex, the effectiveness of high school and middle school GSA's, suicide, and GLBT rights in the community. All meetings are facilitated by high school and college students and chaperoned by adults 25+ yrs.
 - Check website for meeting time and location.
- Supporters of Worcester Area Gay and Lesbian Youth
 - 508-755-0005
www.swagly.org
 - Since 1984, SWAGLY has provided a safe space for all gay, lesbian, bisexual, transgendered, and questioning youth and their straight allies, ages 14-23 to socialize, learn and share. Their weekly meetings consist of social time, introductions, community announcements, and a structured conversation about issues facing GLBTQ youth today. These include coming out, coping with stress, working with relationships, and various discussions about drug abuse and safer sex.
 - Check the website for meeting times and locations, or call the number listed above.
- North Shore Alliance of Gay, Lesbian, Bisexual and Transgender Youth
 - 617-927-6088, 781-913-3747
www.nagly.org
 - NAGLY is a welcoming and safe place for youth ages 14 – 21 who identify as gay, lesbian, bisexual, and transgender. Their mission is to create, sustain and advocate for programs, policies, and services for the lesbian/gay/bisexual/transgender youth community, particularly including the establishment of regular support meetings, and to defend and enhance the human and civil rights of lesbian, gay, bisexual and transgender youth on the North Shore of Massachusetts.
 - Check the website for meeting times and locations, or call the number listed above.

- OUT MetroWest
 - PO Box 2122, Framingham MA, 01703
508 875 2122
info@outmetrowest.org
<http://outmetrowest.org/>
 - The mission of OUT MetroWest is to support the health and emotional well-being of LGBTQ teens in the Boston MetroWest area by offering youth-led and adult-supported social and educational programs.
 - Umbrella is the OUT MetroWest group specifically intended to provide additional support for transgender and gender-nonconforming youth. It is a social group led by peer leaders and trans adults.
 - Nexus, our first-in-the-Commonwealth program for middle school youth, meets monthly. Nexus provides a safe space to explore questions relating to sexual orientation and gender identity and includes a light dinner, group discussions, and diverse activities.

- Bisexual Resource Center
 - 29 Stanhope St, Boston, MA 02116
(617) 424-9595
www.biresource.net
 - The Bisexual Resource Center was founded in 1985 by a group of bi activists after a regional conference. First named the East Coast Bisexual Network, it became a 501(c)3 in 1989 and was renamed in the mid-90s. The BRC is the oldest national bi organization in the U.S. that advocates for bisexual visibility and raises awareness about bisexuality throughout the LGBT and straight communities.
 - The Bisexual Resource Center envisions a world where love is celebrated, regardless of sexual orientation or gender expression. Because bisexuals today are still misunderstood, marginalized and discriminated against, the BRC is committed to providing support to the bisexual community and raising public awareness about bisexuality and bisexual people.

- LGBT Helpline and Peer Listening Line
 - **LGBT Helpline (25+)**
617.267.9001 or Toll-Free: 888.340.4528
 - **Peer Listening Line (25 & Under)**
617-267-2535 or Toll-Free: 800-399-PEER
 - You can receive help, information, referrals, and support for a range of issues without being judged or rushed into any decision you are not prepared to make. Across the country, Fenway's help lines are a source of support. Talk to our trained volunteers about safer sex, coming out, where to find gay-friendly establishments, HIV and AIDS, depression, suicide, and anti-gay/lesbian harassment and violence. No matter what is on your mind, we are here to encourage and ensure you that you are not alone.
 - Help lines are anonymous and confidential phone lines that offer lesbian, gay, bisexual, transgender, queer and questioning adults and young people a "safe place" to call for information, referrals, and support. Trained volunteers can

help individuals with coming out as well as locating LGBT groups and services in local areas. Volunteers can also offer support and guidance around common issues including safer sex and relationships and HIV/AIDS.

- Gay and Lesbian Advocates and Defenders
 - 30 Winter Street, STE 800
Boston, MA 02108
617-426-1350
www.glad.org
 - They are New England's leading legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status and gender identity and expression.
 - If you are interested in learning more about your rights, visit the above website and click on the "Know your Rights" tab.
- Boston Area Transgender Support
 - <https://groups.yahoo.com/neo/groups/boston-area-trans-support/info>
 - We are a peer-run support group for transgender young adults (teen, college-age, twenty-something) in and around Boston. We are inclusive of both female-to-male (FTM) spectrum and male-to-female (MTF) spectrum individual, of genderqueer persons, of intersexed folks, and of those questioning their gender identity. We are welcoming to people of color and to persons with disabilities. Our meetings are typically a good mix of FTM and MTF members, and of people at varying stages of transition—you really will feel comfortable and included! Come to our group if you are looking for support in understanding your gender identity, help with coming out or transitioning, emotional support, a sense of community, a place where you belong and feel comfortable, or just to meet people you can relate to. The meetings emphasize group participation and mutual respect; a volunteer facilitator and a go-around check-in help to ensure that no one member dictates the flow and everyone has a chance to express themselves. Discussions at the meeting are confidential between members, and members agree not to assume that others go by the same name/pronouns/identity outside the group. We are aware that groups advertising trans "community" can be rife with the same prejudices we are trying to get away from, and our members do strive to be aware and to keep the meetings free of judgments and full of acceptance.
- GLSEN- Gay, Lesbian, & Straight Education Network
 - GLSEN MA
PO Box 51243
Boston, MA 02205
617-684-5736
Massachusetts@chapters.glsen.org
<http://www.glsen.org/chapters/massachusetts>
 - The Gay, Lesbian and Straight Education Network (GLSEN) is a national organization making schools safer for ALL students, regardless of sexual orientation or gender identity/expression. GLSEN strives to assure that

each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression. We believe that such an atmosphere engenders a positive sense of self, which is the basis of educational achievement and personal growth. Since homophobia and heterosexism undermine a healthy school climate, we work to educate teachers, students, and the public at large about the damaging effects these forces have on youth and adults alike.

- We recognize that forces such as racism and sexism have similarly adverse impacts on communities, and we support schools in seeking to redress all such inequities. GLSEN seeks to develop school climates where difference is valued for the positive contribution it makes in creating a more vibrant and diverse community. We welcome as members any and all individuals, regardless of sexual orientation, gender identity/expression, or occupation, who are committed to seeing this philosophy realized in K-12 schools.

Young Adult Parents

- Family Options
 - Employment Options, Inc.
82 Brigham Street
Marlborough, MA 01752
(508) 485-5051
www.employmentoptions.org/family.htm
 - Family Initiatives at Employment Options offers a continuum of programs for custodial and non-custodial parents. The Family Initiatives programs are developed and designed to reflect the strengths, and address the needs of parents in recovery and their children. Through the many programs offered through Family Initiatives, parents can receive peer support, family coaching, parent coaching, peer mentoring for young pregnant and parenting adults with mental health conditions, and legal support, among other resources.
- Children's Trust of Massachusetts
 - 55 Court Street, 4th Floor
Boston, MA 02108
617-727-8957
childrenstrustma.org
 - The Children's Trust leads statewide efforts to prevent child abuse and neglect by supporting parents and strengthening families. They reach families across Massachusetts.
 - They fund over 100 family support and parenting education programs in communities throughout Massachusetts. Some of the programs they offer for parents include Parenting Education and Support Groups, Massachusetts Family Centers, and Healthy Families, which provides home visiting specifically for first-time parents under age 21. Other areas include their fatherhood initiative, and One Tough Job (see below).
 - To find out more about each program, visit the above link and click on the "For Parents" tab at the top of the page.
- One Tough Job
 - www.onetoughjob.org
 - The Massachusetts Children's Trust Fund created One Tough Job to support parents by providing them with current, reliable, and practical information on a variety of parenting topics related to raising children from infancy through adolescence. They provide information on topics such as Positive Parenting, Health and Safety, School and Child Care, and Growth and Development.
- Massachusetts Alliance On Teen Pregnancy
 - 105 Chauncy Street, 8th Floor #804
Boston, MA 02111
617-482-9122

www.massteenpregnancy.org

- Their mission is to advocate statewide and mobilize communities to prevent teen pregnancy, to increase opportunities for youth and young parents, and to empower young people to make healthy decisions about relationships, sex, parenting, and life. They provide resources for pregnant and parenting teens such as the Benefits Access Project, Teen Parent Rights, and Teen Parent Programs.
- To find out more, visit the above link and click on the “For Teens” section.
- 24/7 Parental Stress Line: 1-800-632-8188
- Parents Helping Parents
 - 108 Water Street
Watertown, MA 02472
617-926-5008
info@parentshelpingparents.org
 - Parents Helping Parents is a nonprofit organization focused on preventing child abuse by offering free parenting help and support.
 - PHP's prevention philosophy is grounded in a self-help model based on the belief that parents are capable of developing their own solutions when given the space, encouragement, and community resources that they need. Thus, it is the parents themselves who decide the direction a conversation will take during a Parent Support Group meeting or Parental Stress Line call.
 - To find a support group near you, go to
<http://www.parentshelpingparents.org/locate-a-group>
- Massachusetts Department of Public Health Family Planning Program
 - Division of Primary Care and Health Access
250 Washington Street
Boston, MA 02108
617-624-6012
 - <http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/primarycare-healthaccess/family-planning/>
 - The Family Planning Program promotes and provides comprehensive family planning services, which include clinic-based services and may include community education and outreach. These services are targeted to adolescents and low-income residents in Massachusetts. Family planning services aid individuals and families in making choices regarding the spacing and number of their children. Family planning is an integral component of the Department of Public Health's efforts to prevent unintended pregnancies and STDs including HIV/AIDS, reduce infant mortality and morbidity, and improve the health of individuals and communities.

For Nutrition information, please visit the *Health, Wellness, and Nutrition* section of this guide.

Qualifying and Applying to the Department of Mental Health

- The Department of Mental Health www.mass.gov/dmh
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DMH assures and provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work and participate in their communities. DMH has primary responsibility for delivery of non-acute continuing care mental health services for those children with serious emotional disturbance (SED) who are not able to receive appropriate mental health services through other entities or through insurers. The department sets policy, promotes self-determination, protects human rights and supports mental health training and research.

The range of services that DMH offers includes the following: residential and inpatient programs, community-based residential programs, community and school support, case management, clubhouses and community based flexible supports (CBFS). CBFS services include interventions and supports that manage psychiatric symptoms in the community, restore or maintain independent living in the community, restore or maintain daily living skills, promote wellness and the management of medical conditions and assist clients to restore or maintain and use their strengths and skills to undertake employment.

The Department of Mental Health Transition Age Youth (TAY) Initiative helps young persons embark on a positive life path into adulthood and toward the goals of personal stability, community housing and employment and positive youth and family relationships. To learn more about the Transitional Age Youth Initiative, visit the DMH website and visit the “Initiatives” section.

- Qualifying and Applying to DMH

Once on the Department of Mental Health Website, select “Consumer” from the dropdown menu located at the top of the webpage, and hit Go. From there, select “Behavioral Health,” then click on “Mental Health” and select the link labeled “Applying for Mental Health Services.”

Information about EOHHS and Other State Agencies

Executive Office of Health and Human Services (EOHHS)

- www.mass.gov/eohhs
- The Executive Office of Health and Human Services (EOHHS) which encompasses Mass Health, is the responsible secretariat for the coordination of all children's services in Massachusetts. The agencies within EOHHS serving children exclusively are the Departments of Children and Families (DCF), and Youth Services (DYS). The Departments of Public Health (DPH), Mental Health (DMH), Developmental Services (DDS), and Transitional Assistance (DTA) and the Commissions for the Blind, and Deaf and Hard-of-Hearing, serve children and adults.
- Massachusetts Rehabilitation Commission (MRC)
 - www.mass.gov/mrc
 - MRC assists individuals with disabilities to live and work independently. These goals are achieved through enhancing and encouraging personal choice and the right to fail in the pursuit of independence and employment in the community. MRC is responsible for Vocational Rehabilitation Services, Community Services, and eligibility determination for the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) federal benefits programs for Massachusetts citizens with disabilities.
- Department of Transitional Assistance (DTA)
 - www.mass.gov/dta
 - DTA assists low-income individuals and families to meet their basic needs, increase their incomes, and improve their quality of life. DTA administers benefits such as the Supplemental Nutrition Assistance Program/SNAP (formerly the Food Stamp Program), Transitional Aid to Families with Dependent Children (TAFDC), and Emergency Aid to the Elderly, Disabled and Children (EAEDC).
- Department of Labor and Workforce Development (DLWD)
 - www.mass.gov/dlwd
 - The Department works on behalf of job seekers, apprentices, union members, claimants, employers, attorneys and researchers. They provide a wide variety of programs and services to serve constituents across the Commonwealth. The cornerstone of their services is the network of 37 One-Stop Career Centers and the field offices across the Commonwealth.

- Department of Children and Families (DCF)
 - www.mass.gov/dcf
 - DCF ensures the safety of children in a manner that holds the best hope of nurturing a sustained, resilient network of relationships to support the child's growth and development into adulthood. DTA programs and services include: Placement services in congregate care and in family settings, Family Support services that assist families in keeping their children safely at home, Domestic Violence services to assist victims with advocacy, counseling and shelter, adoption services, and case management.
- Department of Elementary and Secondary Education (DESE)
 - www.doe.mass.edu
 - DESE is charged with the responsibility of ensuring improved teaching and learning in all of the Commonwealth's public schools. DESE's mission is to improve the quality of the public education system so that students are adequately prepared for higher education, rewarding employment, continued education, and responsible citizenship. We carry out our mission in partnership with Massachusetts school districts and other organizations that provide educational programs and services.
- Department of Youth Services (DYS)
 - www.mass.gov/dys
 - The mission of DHS is to protect the public and prevent crime by promoting positive change in the lives of youth committed to our custody, and by partnering with communities, families, government and provider agencies toward this end. DHS accomplishes this mission through interventions that build knowledge, develop skills and change the behavior of the youth in our care.

Department of Public Health (DPH)

- www.mass.gov/dph
- The Department of Public Health provides many programs that support young adults. DPH programs and services include: the Bureau of Substance Abuse Services, Youth Development, Family Planning, HIV/AIDS, Youth Violence Prevention, and Suicide Prevention.

Hotlines, Warm Lines and Young Adult Council Meetings

- Hotlines
- Hotlines provide an alternative to hospital emergency departments (EDs) for individuals seeking behavioral health services when use of the ED may be avoided and/or is not voluntarily sought. They provide in-person behavioral health crisis assessment, intervention, and stabilization services.

Mass Behavioral Health Partnership (MBHP) Hotlines (Emergency Services Programs)

This service is for people who have Medicare/Medicaid, are uninsured, or who have private insurance that contracts with the particular ESP. To get the statewide toll free number- Call **877-382-1609** and enter your zip code. ESPs operate 24/7, 7 days/week, 365 days/year.

Go to www.masspartnership.com/member/esp for a regularly updated list of ESPs.

BOSTON REGION		
Boston	Boston (Dorchester, South Boston, Roxbury, West Roxbury, Jamaica Plain, Mattapan, Roslindale, Hyde Park, Lower Mills), Brighton, Brookline, Charlestown, Chelsea, East Boston, Revere, Winthrop	Boston Medical Center/Boston Emergency Services Team (B.E.S.T.) 24-hour access number: (800) 981-4357
METRO BOSTON REGION		
Cambridge, Somerville	Cambridge, Somerville	Boston Medical Center/Cambridge Somerville Emergency Services Team (C.S.E.S.T.) 24-hour access number: (800) 981-4357
Norwood	Canton, Dedham, Dover, Foxboro, Medfield, Millis, Needham, Newton, Norfolk, Norwood, Plainville, Sharon, Walpole, Wellesley, Weston, Westwood, Wrentham	Riverside Community Care 24-hour access number: (800) 529-5077
South Shore	Braintree, Cohasset, Hingham, Hull, Milton, Norwell, Quincy, Randolph, Scituate, Weymouth	South Shore Mental Health (SSMH) 24-hour access number: (800) 528-4890
WESTERN REGION		
The Berkshires	Adams, Alford, Becket, Cheshire, Clarksburg, Dalton, Egremont, Florida, Great Barrington, Hancock, Hinsdale, Lanesboro, Lee, Lenox, Monroe, Monterey, Mount Washington, New Ashford, New Marlboro, North Adams, Otis, Peru, Pittsfield, Richmond, Sandisfield, Savoy, Sheffield, Stockbridge, Tyringham, Washington, West Stockbridge, Williamstown, Windsor	The Brien Center for Mental Health and Substance Abuse 24-hour access number: (800) 252-0227
Greenfield	Ashfield, Athol, Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Greenfield, Hawley, Heath, Leverett, Leyden, Millers Falls, Montague, New Salem, Northfield, Orange, Petersham, Phillipston, Rowe, Royalston, Shelburne, Shutesbury, Sunderland, Turners Falls, Warwick, Wendell, Whately	Clinical & Support Options 24-hour access number: (800) 562-0112
Northampton	Amherst, Chesterfield, Cummington, Easthampton, Florence, Goshen, Hadley, Hatfield, Middlefield, Northampton, Pelham, Plainfield, Westhampton, Williamsburg, Worthington	Clinical & Support Options 24-hour access number: (844) 788-6470
Southern Pioneer Valley	Agawam, Belchertown, Blandford, Bondsville, Chester, Chicopee, East Longmeadow, Granby, Granville, Hampden, Holyoke, Huntington, Indian Orchard, Longmeadow, Ludlow, Monson, Montgomery, Palmer, Russell, South Hadley, Southampton, Southwick, Springfield, Thorndike, Three Rivers, Tolland, Ware, Westfield, West Springfield, Wilbraham	Behavioral Health Network 24-hour access number: (800) 437-5922

CENTRAL REGION		
MetroWest	Acton, Ashland, Arlington, Bedford, Belmont, Boxborough, Burlington, Carlisle, Concord, Framingham, Holliston, Hopkinton, Hudson, Lexington, Lincoln, Littleton, Maynard, Marlborough, Natick, Northborough, Sherborn, Southborough, Stow, Sudbury, Waltham, Watertown, Wayland, Westborough, Wilmington, Winchester, Woburn	Advocates 24-hour access number: (800) 640-5432
North County	Ashburnham, Ashby, Ayer, Barre, Berlin, Bolton, Clinton, Fitchburg, Gardner, Groton, Hardwick, Harvard, Hubbardston, Lancaster, Leominster, Lunenburg, New Braintree, Oakham, Pepperell, Princeton, Rutland, Shirley, Sterling, Templeton, Townsend, Westminster, Winchendon	Community HealthLink, Inc. 24-hour access number: (800) 977-5555
South County	Bellingham, Blackstone, Brimfield, Brookfield, Charlton, Douglas, Dudley, East Brookfield, Franklin, Holland, Hopedale, Medway, Mendon, Milford, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Sturbridge, Sutton, Upton, Uxbridge, Wales, Warren, Webster, West Brookfield	Riverside Community Care 24-hour access number: (800) 294-4665
Worcester	Auburn, Boylston, Grafton, Holden, Leicester, Millbury, Paxton, Shrewsbury, Spencer, West Boylston, Worcester	Community HealthLink, Inc. 24-hour access number: (866) 549-2142
NORTHEASTERN REGION		
North Essex	Amesbury, Beverly, Boxford, Danvers, Essex, Georgetown, Gloucester, Groveland, Hamilton, Haverhill, Ipswich, Manchester by the Sea, Marblehead, Merrimac, Middleton, Newbury, Newburyport, Peabody, Rockport, Rowley, Salem, Salisbury, Topsfield, Wenham, West Newbury	Northeast Behavioral Health 24-hour access number: (866) 523-1216
Lawrence	Andover, Lawrence, Methuen, North Andover	Northeast Behavioral Health 24-hour access number: (877) 255-1261
Lowell	Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, Westford	Northeast Behavioral Health 24-hour access number: (800) 830-5177
Tri-City	Everett, Lynn, Lynnfield, Malden, Medford, Melrose, Nahant, North Reading, Reading, Saugus, Stoneham, Swampscott, Wakefield	Eliot Community Services 24-hour access number: (800) 988-1111
SOUTHEASTERN		
Southern Coast	Acushnet, Carver, Dartmouth, Duxbury, Fairhaven, Halifax, Hanover, Hanson, Kingston, Marion, Marshfield, Mattapoisett, New Bedford, Pembroke, Plymouth, Plympton, Rochester, Wareham	Child and Family Services of New Bedford 24-hour access number: (877) 996-3154
Brockton	Abington, Avon, Bridgewater, Brockton, East Bridgewater, Easton, Holbrook, Rockland, Stoughton, West Bridgewater, Whitman	Brockton Multi-Service Center 24-hour access number: (877) 670-9957
Cape Cod and The Islands	Aquinnah, Barnstable, Bourne, Brewster, Chatham, Chilmark, Cotuit, Dennis, Eastham, Edgartown, Falmouth, Gay Head, Gosnold, Harwich, Hyannis, Mashpee, Nantucket, Oak Bluffs, Orleans, Osterville, Provincetown, Sandwich, Tisbury, Truro, Wellfleet, West Tisbury, Woods Hole, Yarmouth	Cape & Islands Emergency Services 24-hour access number: (800) 322-1356
Fall River	Fall River, Freetown, Somerset, Swansea, Westport	Corrigan Mental Health Center 24-hour access number: (877) 425-0048
Taunton, Attleboro	Attleboro, Berkley, Dighton, Lakeville, Mansfield, Middleborough, North Attleboro, Norton, Raynham, Rehoboth, Seekonk, Taunton	Norton Emergency Services 24-hour access number: (800) 660-4300

Warm Lines

Warm Lines are peer-operated, compassionate listening lines. Operators talk about day to day experiences living with mental health issues, and focus on the transformation and recovery possibilities from a place where many people feel disabled, isolated and perhaps stuck. The Operators can provide local, state and national resources to assist callers in their recovery.

Warm Lines
Go to www.warmlines.org/massachusetts

Location	Name	Phone Number	Hours of Operation
Central-West Area			
	Cross Connections	978-629-8485 After three beeps enter your phone number and a volunteer will call you back shortly.	Mon.-Sun. 4-7pm and 10pm-12am
Metro-Southeast			
	Casa Primavera Warmline	617-445-8017	Mon.-Fri. 8-9am and 5-11pm, Sat.-Sun. 9am-5pm
	Metro Boston and Northeast RLC Peer Warmline	877-733-7563	Tues.-Sun. 4-8pm
	Southeast RLC Warmline	Call Elaine Campbell 508-880-8527 x104	Mon.-Sun. 5:30-9:30pm * By appointment only
Northeast-Suburban			
	C.A.S.T.L.E.(not a crisis line)	617-610-7907	Sun.-Fri. 7-11pm
	Edinburgh Center Warmline	800-243-5836	Mon.-Fri. 5-10pm, Sat.-Sun. 4-9pm
	South Shore Warmline	617-689-1050 617-689-1051 Crisis line: 800-528-4890 or 617-774-6036	Mon.-Fri. & Sun. Crisis line open 24 Hrs
	SMOC Warmline	Call Mark Knowlton 508-879-2250 x168	Mon.-Fri. 5:30-9:30 pm Sat.-Sun. 1-4pm * By appointment only

Samaritans Crisis Services

- 24 Hour Telephone Befriending Service
 - (877)-870 HOPE or 877-870-4673
 - This service is offered to people living in communities throughout the Commonwealth of Massachusetts. Each year, more than 130,000 individuals from all walks of life, turn to Samaritans in search of unconditional and non-judgmental support. The calls received each day are fielded by carefully trained volunteers. Samaritan volunteers offer callers acceptance and respect in a comforting and understanding manner. In addition to supporting depressed, lonely and suicidal callers, this program also supports those calling with concerns for others.

- Emotional Support Online
 - IMHear.org
 - Available to Massachusetts high school students through our IM Hear Program which is available on Monday through Thursday nights from 6 to 9 pm EST students and others over the age of 18 can access online emotional support Monday through Friday from 5 to 9 p.m. College students can go to <http://samaritanshope.org/im-hear-college/>
 - Lifeline Crisis Chat
 - <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>
 - Lifeline Crisis Chat is a service of the National Suicide Prevention Lifeline in partnership with CONTACT USA and can be accessed between 2 p.m. to 2 a.m. (Eastern Standard Time)
- Crisis Text Line
 - TEXT “START” TO 741-741
 - A service specifically available to young people ages 13-25. We are answering texts from people dealing with suicidal ideation, feelings of isolation and issues that can appear to be overwhelming.

Young Adult Councils

The Department of Mental Health (DMH) created a Statewide Youth Advisory Council (SYAC) and area/local young adult councils across the state. These councils were created for young adults between ages 16-25 who are or have been involved in the DMH system to voice their concerns and needs for mental health services during a young person’s transition period, and to serve as an advisory board to the Department of Mental Health's Transition Age Youth Initiative. Past and current activities of the young adult councils include: creating films and documentaries, social and recreational activities, presentations at local and national conferences, trainings, and publications. Any young adult who has lived experience with mental illness and is interested in sharing experiences or ideas about young adult mental health services and policies is welcome to join.

For DMH Statewide Young Adult Council Meetings
& DMH Young Adult Council Meetings
Visit www.speakingofhope.org/get-involved to find up- to- date
area meeting times and locations.

Peer Support and Dual Recovery Groups

Peer Support Groups in the Southeast Area

Day	Time	Address	Phone Number
Mondays	9:45-10:45	RCC Fall River Vinfen, 66 Troy St. Fall River, MA 02720	508-815-5218
Mondays	4:30-5:30	RCC New Bedford	508-815-5218 or 774-488-5031
Mondays	4:00-5:00	RCC Taunton DeMello Building Suite 1200 71 Main St. Taunton, MA 02780	
Wednesdays	2:15-3:00	RCC Plymouth 340 Court St. (Downstairs of Clubhouse) Plymouth, MA 02360	508-815-5218 or 774-283-6476
Wednesdays	2:30-3:30	RCC Hyannis 45 Plant Rd. Hyannis, MA	508-815-5218 or 508-815-5219
Wednesdays	6-7 pm	Brockton RLC 730 Belmont St., Brockton MA 02301	508-857-0316
Wednesdays	7:00-8:00 PM	RCC Quincy 460 Quincy Avenue, Quincy, MA	617-472-3237
Thursdays	1:00-2:00	RCC Quincy 460 Quincy Avenue, Quincy, MA	617-472-3237

Peer Support Groups in Central MA

Day	Time	Address	Phone Number
Mondays	1:30-2:30	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Tuesdays	2:00-3:00	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Wednesdays	2:30-3:30	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Thursdays Bilingual Meeting	10:30-11:30	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Fridays	1:00-2:00	Kiva Center 209 Shrewsbury St. Worcester, MA 01604	508-751-9600
Saturdays	10:30-11:30	Kiva Center	508-751-9600

		209 Shrewsbury St. Worcester, MA 01604	
Tuesdays	11:00-12:00	RCC Framingham 1881 Worcester Rd., Framingham, MA	508-309-7008x3121
Wednesdays	1:30-2:30	RCC Framingham 1881 Worcester Rd., Framingham, MA	508-309-7008x3121
Thursdays	11:30-12:30	RCC Framingham 1881 Worcester Rd., Framingham, MA	508-309-7008x3121

Peer Support Groups in Western MA

Day	Time	Address	Phone Number
Mondays	1:00-2:30	187 High St., Suite 303 Holyoke, MA	413-539-5941
Mondays Alternatives to Suicide	6:30-8:00	Friend's Meeting House 43 Center St., Northampton, MA	(413) 539-5941
Tuesdays Alternatives to Suicide	5:30-7:00	RLC's Greenfield Center 74 Federal St., Greenfield, MA	413- 772-0715
Wednesdays Alternatives to Suicide	6:30-8:00	152 North St., Suite 230 Pittsfield, MA	413- 236-5888
Thursdays The Sylvia Rivera Support Group	4:30-6:00	187 High St., Suite 303 Holyoke, MA	413-539-5941
Fridays Alternatives to Suicide	2:30-4:00	340 Main St., Springfield, MA	413- 732-1703

Peer Support Groups in Northeastern MA

Day	Time	Address	Phone Number
Mondays (open to clubhouse members only)	1:00-2:00	Haverhill Clubhouse 100 Locust St., Haverhill, MA	978-687-3288 ext. 140 (call 978-521-6957 to become a clubhouse member)
Mondays	3:00-4:00	Greater Lynn Senior Services 8 Silsbee St., Lynn, MA	781-244-0266
Fridays	1:00-3:00	NAMI Cape Ann 43 Gloucester Avenue, Room 2A Gloucester, MA 01930	978-687-4288, ext. 145
Friday, Saturday, & Sunday Afternoons By Appointment Only	(appointment times vary)	Operation Bootstrap, 20 Wheeler Street, Suite 203, Lynn, MA 01902	Call Gerry McManamy to sched 978-687-4288, ext. 202.

Dual Recovery Groups and Dual Recovery Anonymous

For a list of Dual Recovery meetings in Massachusetts, please visit

www.massclubs.org/DRMeetingList.pdf

Substance Abuse

- Bureau of Substance Abuse Services
 - Department of Public Health
250 Washington Street
Boston, MA 02108
www.mass.gov/dph/bsas
 - The Bureau of Substance Abuse Services (BSAS) oversees the substance abuse and gambling prevention and treatment services in the Commonwealth. Responsibilities include: licensing programs and counselors; funding and monitoring prevention and treatment services; providing access to treatment for the indigent and uninsured; developing and implementing policies and programs; and tracking substance abuse trends in the state.
 - Massachusetts Youth and Young Adult Substance Abuse Services Directory
 - This directory provides information on finding the right treatment, youth residential treatment programs, youth stabilization and detoxification units, recovery homes and high schools, and other resources.
 - To access this directory, please visit www.speakingofhope.org and click on the “Resource Guides” tab.
- National Institute on Drug Abuse
 - www.drugabuse.gov
 - NIDA's mission is to lead the nation in bringing the power of science to bear on drug abuse and addiction. NIDA's website provides information on many drugs that are typically abused as well as information on related topics, fact sheets, and publications.
 - They also have a “Student and Young Adults” section with the link to the NIDA for Teens website: www.teens.drugabuse.gov. The NIDA for Teens website provides facts and information on drugs, videos, and real stories about addiction and substance abuse.
- Substance Abuse and Mental Health Services Administration (SAMHSA):
Substance Abuse Treatment Facility Locator
 - www.findtreatment.samhsa.gov
 - The Locator includes more than 11,000 addiction treatment programs, including residential treatment centers, outpatient treatment programs, and hospital inpatient programs for drug addiction and alcoholism.
 - To find a substance abuse treatment program near you, visit the above link. Once on the website, click on Massachusetts (MA) on the map, and then enter your city or zip code to find the programs nearest you.
- Massachusetts Substance Abuse Information and Education Helpline
 - www.helpline-online.com

- The Helpline is a Massachusetts resource providing free and anonymous information and referral for alcohol and other drug abuse problems and related concerns. The Helpline is committed to linking consumers with comprehensive, accurate, and current information about treatment and prevention services throughout Massachusetts. Information on over 600 programs can be accessed through the Helpline website or visitors may call the Helpline 24 hours a day, every day, to talk with a referral specialist. Helpline services are anonymous and free.
- Massachusetts Substance Abuse Helpline: 1-800-327-5050

- Alcoholics Anonymous
 - www.aa.org
 - Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution.
 - To find an A.A. meeting near you, visit the above link, click on the “How to Find A.A. Meetings” tab, and then visit the “Local Resources that provide A.A. Meeting Information” section and click on your state.

- Narcotics Anonymous
 - www.na.org
 - Narcotics Anonymous offers recovery to addicts around the world. They focus on the disease of addiction rather than any particular drug. N.A.’s message is broad enough to attract addicts from any social class or nationality. When new members come to meetings, the N.A.’s sole interest is in that person’s desire for freedom from active addiction and how they can be of help
 - To find an N.A. meeting near you, visit the above link and click on the “Find a Meeting” section and select one of the options.

Health, Wellness, and Nutrition

- Health Insurance
 - To find a health insurance plan for you, visit the Health Connector website:
www.mahealthconnector.org
 - For more information about health coverage, insurance, and how to apply, call the Health Care for All Help Line at 1-800-272-4232 or visit their website:
www.hcfama.org

- Social Security Disability Insurance (SSDI) vs. Supplemental Security Income (SSI)

Social Security Disability Insurance (SSDI)

- Social Security pays benefits to people who cannot work because they have a medical condition that is expected to last at least one year or result in death.
- For more information about SSDI, visit the following link:
www.ssa.gov/pubs/10029.html

Supplemental Security Income (SSI)

- SSI makes monthly payments to people who have low income and few resources and are age 65 or older, blind, or have a disability.
- For more information about SSI, visit the following link:
www.ssa.gov/pubs/11000.html
- For more information, you can call Social Security's toll-free number: 1-800-772-1213 or call one of the following Work Incentives Planning and Assistance (WIPA) Programs in Massachusetts
- BenePLAN: Berkshire, Franklin, Hampden, Hampshire, Middlesex, and Worcester counties: 1-877-937-9675
- Project Impact: Barnstable, Bristol, Dukes, Nantucket, Plymouth, Suffolk, Essex, and Norfolk counties: 1-800-734-7475
- To find a Social Security office near you, visit the following link, type your zip code in the space provided, and click Locate:
<https://secure.ssa.gov/apps6z/FOLO/>

For more information on SSI and SSDI, visit the following helpful link:

- www.communityinclusion.org/article.php?article_id=211

- Medication
 - www.nami.org/template.cfm?section=about_medications
 - Please visit the above website to find out information about medications. You can click on any of the links located under the "General Information about Medications" section, or you can scroll down to the "Specific Medications"

section to find out more about certain medications and questions and answers about that medication.

- Children's Behavioral Health Initiative (CBHI)
 - CBHI is an interagency initiative of the Commonwealth's Executive Office of Health and Human Services whose mission is to strengthen, expand and integrate Massachusetts state services into a comprehensive, community-based system of care, to ensure that families and their children with significant behavioral, emotional and mental health needs obtain the services necessary for success in home, school and community.
 - Youth covered by the new Mass Health services include ages 0-21.
 - For more information about CBHI, visit www.mass.gov/eohhs. Once there, click the dropdown menu at the top of the page and select "Government", then click on the "Special Commissions and Initiatives" section, and select the "Children's Behavioral Health Initiative" link.
- Health Centers
 - www.massleague.org/findahealthcenter/index.php
 - To find a health center near you, visit the above link. Type your address into the appropriate space, select a distance away from your address using the dropdown arrow, select your type of service, and then hit Go.
 - To find out more information about the Massachusetts League of Community Health Centers, visit their main website: www.massleague.org
- Clinics
 - www.needymeds.org/free_clinics.taf
 - To find a clinic near you, enter your zip code in the space provided, and then click Search.
- Healthy Changes Initiative
 - www.mass.gov/dmh
 - The Massachusetts Department of Mental Health recognizes the essential role of wellness in recovery from psychiatric illness. The mission of the DMH Healthy Changes Initiative is to improve the quality of life, health and wellness of individuals at risk for illness and premature death and eliminate the significant health disparity among individuals with serious mental illness.
 - To view the Healthy Changes Resource Guide and to learn more about physical activity, nutrition, and smoking cessation, visit the above link and click on the "Initiatives" section on the left hand side of the page, and then click on the link titled "Healthy Changes".
- Massachusetts Health Promotion Clearinghouse
 - www.maclearinghouse.com
 - The Massachusetts Health Promotion Clearinghouse provides free health promotion materials for Massachusetts residents and health and social service providers in the Commonwealth. Some of the health topics within the materials include information on influenza, GLBT health, substance abuse, women and men's health, and tobacco cessation.

- MassHealth Wellness Program
 - www.mass.gov/eohhs
 - The MassHealth Wellness Program encourages MassHealth members to take actions to prevent disease and illness in their lives. It provides information on staying healthy, tobacco cessation, and MassHealth program resources.
 - To learn more, visit the above link. Once on the website, click the dropdown tab and select “Consumer”, then click on the “Prevention and Wellness” section, and then click on the link titled “MassHealth Wellness – MassHealthy”.

- SNAP: Supplemental Nutrition Assistance Program
 - www.mass.gov/snap
 - Supplemental Nutrition Assistance Program or SNAP is the new name for the Food Stamp Program. SNAP benefits are provided by the federal government and administered by DTA. Residents of the Commonwealth who participate in SNAP are families with children, elders and disabled. Many are the working poor with limited income or those who are temporarily unemployed.
 - To apply for SNAP benefits, you may fill out the SNAP application to see if you are eligible to receive benefits. To apply online, please visit the above link and click on the “SNAP Application” link located under the “Apply Online” section. To apply by mail or in person, you must complete the application and submit it to the Transitional Assistance office that covers your city/town. To download and print the SNAP Application, visit the above link and look under the “Apply by Mail or Fax” section. To find the Transitional Assistance office that covers your city/town, visit the above link and click on the “Transitional Assistance Office” link located under both the “Apply by Mail or Fax” and “Apply in Person” sections.

- WIC: Women, Infants and Children Nutrition Program
 - www.mass.gov/wic
 - WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify. WIC’s goal is to help keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy. WIC also offers immunization screening and referral, breastfeeding support, and nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget.
 - To apply for WIC, call 1-800-WIC-1007, or visit the above website, click on the map, and select your area to find a WIC program in your community.

- Mass in Motion
 - www.mass.gov/massinmotion
 - Mass in Motion aims to promote wellness and to prevent overweight and obesity in Massachusetts – with a particular focus on the importance of healthy eating and physical activity. The website provides information on

physical activity, eating healthy, staying healthy at home, at work, and in your community, as well as a blog.

- Physical Activity
 - YMCA
 - Many YMCA's offer fitness facilities, recreational activities, educational programs to promote healthier decisions, and a wide variety of programs that support physical, intellectual, and spiritual strength. Membership rates among YMCA's vary, but ask your Y if they offer reduced rates for students.
 - To find a YMCA nearest you, visit www.ymca.net and type in your city, state, or zip code into the "Find your Y" search bar.
 - Local Gyms
 - Many local gyms offer low monthly rates and special offers. Contact a gym near you to find out what fitness facilities they offer, their membership rates, and if they offer reduced rates for students.
- Food Pantries and Free Meal Programs
 - www.massresources.org/food-pantries.html
 - Food pantries are places where people in need can receive free food (mostly canned and packaged foods) to take home with them to prepare. Free meal programs, such as soup kitchens, are places where people can go to eat cooked meals free of charge.
 - To find a food pantry or free meal program, call Project Bread's FoodSource Hotline:
FoodSource Hotline: 1-800-645-8333
www.projectbread.org
- Sexual Education:
 - For information regarding sexually transmitted diseases, pregnancy, birth control and other general information please visit www.speakingofhope.org, click in the "Resource Guides" tab and click the link for the sexual education manual.

Transportation

- Massachusetts Bay Transportation Authority (MBTA)
 - www.mbtta.com
 - To find a bus or subway stop near you, visit the above link, and then click on the “Schedules & Maps” section located at the top of the page.
 - To find out more about reduced fares for people with disabilities, visit the following link and scroll down to “Persons with Disabilities”:
www.mbtta.com/fares_and_passes/reduced_fare_programs/
- Regional Transit Authorities (RTA)
 - www.massdot.state.ma.us/transit/RegionalTransitAuthorities.aspx
 - To find the RTA in your area, visit the above link, and select a Transit Authority based on your location.
 - Contact your RTA to find out if they offer reduced fares for people with disabilities, and how to purchase these reduced fares.
- The RIDE
 - The RIDE provides door-to door transportation to eligible people who cannot use general public transportation all or some of the time, because of a physical, cognitive or mental disability. The fare for a one-way trip is \$2.00, regardless of the area traveled.
 - To find out more information about The RIDE, visit the following website: www.mbtta.com/riding_the_t/accessible_services . Once on the website, click the link that says “The Office for Transportation Access—THE RIDE.”
- Driving Schools
 - www.massrmv.com/rmv/driversed/selectschool.htm
 - To locate a driving school near you, click the above link. Once on the web page, go to “Locate a Professional Driving School”, then select the city or town where you wish to attend the school.
- Registry of Motor Vehicles
 - <http://www.massdot.state.ma.us/RMV/>
 - To see a complete listing of RMV branches, please visit the following link: www.massdot.state.ma.us/rmv/main/BranchInfo/Map.aspx
 - Obtaining a Class D Permit and License
 - www.massrmv.com/rmv/license/5classd.htm
 - Booking a Road Test
 - www.massrmv.com/rmv/roadtests/
 - Obtaining a Massachusetts ID
 - www.massrmv.com/rmv/license/13bMAID.htm
 - Voter Registration
 - www.massrmv.com/rmv/info/voter.htm

Banking

- What is a checking account?
 - An account provided to you by a bank that allows you to withdraw and deposit money into that account, as well as use a debit card or check to pay for purchases instead of cash.
- What is a savings account?
 - An account provided to you, typically by a bank, which allows you to deposit money into that account, and gain interest on that money.
- Student Accounts
 - Many banks offer student accounts that include features such as no minimum balance requirement, a free debit card, free monthly maintenance fee, etc. Contact your bank to find out if they have student accounts and what they offer.

PLEASE NOTE: We do not endorse any particular bank. There are many banks and banking institutions to choose from in your local community. Below is a list of some banks as an example.

Banks

Name	Link to Bank Locator
Bank of America	http://bankofamerica.via.infonow.net/locator/atmbranch
Berkshire Bank	http://www.berkshirebank.com/locations
Century Bank	http://www.century-bank.com/about/atmbranch.cfm
Citibank	http://locations.citibank.com/citibankV2/Index.aspx
Citizens Bank	http://www.citizensbank.com/branchlocator/
Eastern Bank	http://locations.easternbank.com/Pages/locator.aspx
Enterprise Bank	http://www.enterprisebanking.com/index.php?id=7
Middlesex Savings Bank	http://www.middlesexbank.com/locations/
Sovereign Bank	http://www.sovereignbank.com/atm_locator
TD Bank	http://www.tdbank.com/net/absearch/default.aspx
United Bank	https://www.bankatunited.com/location-hours/

Other Helpful Resources

- Smoking Cessation
 - www.trytostop.org
 - www.smokefree.gov
 - 1-800-TRY-TO-STOP
 - National Quit Line: 1-800-QUIT-NOW
- Suicide Prevention
 - www.masspreventssuicide.org
 - www.samaritanshope.org
 - Samaritans Statewide Helpline: 1-877-870-4673
 - National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Massachusetts Clubhouses
 - www.massclubs.org/MAClubhouses.php
- Safelink Wireless – Free Cell Phone/Airtime for Eligible Customers
 - www.safelinkwireless.com
- Support and Other Helpful Resources
 - www.strengthofus.org
 - <http://labs.umassmed.edu/transitionsRTC/>
 - www.voices4hope.net
 - www.pathwaysrtc.pdx.edu
 - www.going-to-college.org
 - www.nami.org
 - www.namimass.org
 - www.nimh.nih.gov
 - www.masspartnership.com
 - www.workwithoutlimits.org
 - www.stopbullying.gov
 - www.massresources.org
- Eating Disorders Support
 - MEDA- Multi-Service Eating Disorders Association
 - www.medainc.org
 - Hope and Inspiration- free monthly open forum
<http://www.medainc.org/events/hope-inspiration>
 - NEDA- National Eating Disorders Association
 - www.nationaleatingdisorders.org

- Overeaters Anonymous
 - Meetings for people experiencing compulsive eating (not just overeating- could be any combination of behaviors) seeking peer to peer support
 - www.oa.org/newcomers/young-persons-in-oa
- Eating Disorders Anonymous
 - www.eatingdisordersanonymous.org
- Anorexia Nervosa and Associated Disorders
 - www.anad.org
- Cambridge Eating Disorders Center- free drop in support
 - www.eatingdisordercenter.org/about-cedc/support.html

Young Adult Experiences with Programs and Services

Amy shares her experience with various young adult programs...

"The Transformation Center has different workshops and trainings for young adults. They are also a peer run organization. Their trainings have given me a lot of self worth. They teach you that young adults can advocate for themselves. TRACS is another great program for young adults. They have two young adult peer mentors that run peer support groups. There are also social outings once a month that help you stay connected to other young adults in mental health recovery. The Metro Suburban Recovery Learning Community is run by those in mental health recovery. I started out volunteering there on the phones and am now a Peer Facilitator. They have trainings where they teach you how to run a group. I currently run a group called Raw Arts where anything creative happens. Another program that has been a great help to me is Transitions Young Adult Day Program in Walpole, MA. It is a part of the May Institute which handles all behavioral health, not just autism. I have met other young adults there with similar experiences and we have groups such as Expressive Arts Therapy and DBT (Dialectical Behavioral Therapy) group. It's great to have a day program for just young adults."

- Amy Manion

Jessel shares his experience at community college...

"My experience at RCC (Roxbury Community College) on the whole has been great. The professors are fantastic and the student body for the most part is mature and friendly. Class sizes are relatively small (which is very good). It is also a very diverse student body. By putting in my best effort and showing seriousness I have been able to get mostly A's in my first two semesters."

- Jessel-Paul Smith

Megan shares her experience with an intensive residential treatment program...

"Chauncy Hall saved my life. The people there cared. They believed in me. They always gave that extra push when I needed it. They made me realize that I have a life worth living, and they will tell you that everyday. They are the people who will never give up on you, who will never back off. They were able to give me the tools for me to better myself."

- Megan Biela